

Social Stretch

Need some calm in your life? Got a few muscles you want to stretch? The AIPP team and Upward Frog Yoga presents social yoga sessions!



Date: Every Friday until the end of 2024!
£1 subsidy per session, for refreshments

Time: 10:00am till 11:30am

**Location: St Lukes Church Hall,
Brinnington**

Accessible to any age or mobility!

Both standing and seated move sets!



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